



### **Instructions for fitting:**

1. Place fingers inside the respirator. Bend the nose clip around fingers to form nose shape.
2. Holding mask in position over nose and mouth, with retaining straps around back of head. Pull lower portion of strap over head and fit around neck.
3. Stretch and pull the upper strap over your head on the back of your head above your ears.
4. Using both hands, form nose clip around nose and adjust the tension in the upper and lower portions of the continuous loop head strap, to ensure a positive face seal.
5. Hook the bottom straps together behind your neck. Adjust strap tension to achieve a secure fit.
6. (a) To test fit for respirator without exhalation valve: Cup both hands over the respirator and exhale vigorously. (b) To test fit for respirator with exhalation valve: Cup both hands over the respirator and inhale sharply. A negative pressure should be felt inside respirator. If air flows around your nose, tighten the nosepiece. If air leaks around the edges, reposition the headband for better fit.
7. Change respirators immediately if breathing becomes difficult or respirator become damaged or distorted, or a proper face fit can not be maintained. Careful observance of these instructions is an important step in safe respirator of use.